

2008 - 2009 Fitness Test Rubric

Below are grading guidelines for the following fitness test events:

1. **TIMED ENDURANCE RUN:**

The objective is to measure heart/lung endurance by the amount of time it takes to complete a 551.1-yard run.

2. **CRUNCH CHALLENGE:**

The objective is to measure abdominal strength and endurance by the number of crunches completed in one minute. Students are required to lie with knees flexed and feet about 12 inches from the bottom of floor. The arms will be crossed with the hands on the opposite shoulder and elbows held close to the chest. In this position students lift up touching their elbows to their thighs and then back down. "Bouncing" is not permitted.

3. **PLANK CHALLENGE:**

The objective is to measure core body strength and endurance by elevating your body in a straight line above the floor mat. Students will be evaluated by how long they can sustain this horizontal position. Students will lie face down on a mat and then raise themselves up on their forearms and toes. Students' feet will be about shoulder-width apart. Don't cheat by sticking your bum in the air!

TIMED RUN RUBRIC [551.1 yds]

4	=	0:00	to	2:00 minutes
3	=	2:00	to	3:00 minutes
2	=	3:00	to	4:00 minutes
1	=	4:00	to	5:00 minutes
0	=	greater than 5:00 minutes		

CRUNCH RUBRIC [1:00 min]

4	=	30	to	60 crunches in a minute
3	=	20	to	29 crunches in a minute
2	=	10	to	19 crunches in a minute
1	=	5	to	9 crunches in a minute
0	=	0	to	4 crunches in a minute

PLANK RUBRIC

4	=	3:00	minutes or more
3	=	2:00	to 2:59 minutes
2	=	1:00	to 1:59 minutes
1	=	0:30	to 0:59 seconds
0	=	less than 0:30 seconds	